



¿No Comprende?

Online Health Resources to help English Speakers
serve Spanish Speaking Communities



National Network of Libraries of Medicine
MidContinental Region
<http://nnlm.gov/mcr>
800-338-7657



Presenters

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Agenda

- **Session One:**
- Introduction – 10 min
- Cultural Competence and Health Literacy – 20 min
- Spanish Vocabulary – 10 min
- Websites to Review – 60 minutes
 - MedlinePlus en español
 - Kids Health
 - RHIN
 - Daily Med
 - NOAH
- Questions/Answers
- **Session Two (February 16)**
- Evaluating Spanish Websites– 30 min
- Quality Health Information in Spanish with examples – 1 hour

Who's Who?



- National Library of Medicine
Bethesda, MD



- National Network of Libraries of Medicine



<http://nnlm.gov/mcr>



Class Objectives

Participants will be able to:

- Understand the basics of health literacy and cultural competence
- Identify reliable online Spanish health information resources
- Describe criteria for evaluating health websites and evaluate online health information resources that are in Spanish



¿Qué piensan ustedes?

What percentage of the US population is Hispanic?

- a) 10%
- b) 15%
- c) 20%



¿Qué piensan ustedes?

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www.census.gov



¿Qué piensan ustedes?

Hispanics are the nation's:

- a) largest minority group
- b) 2nd largest minority group
- c) 3rd largest minority group



¿Qué piensan ustedes?

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www.census.gov



Three Prong Approach

- Cultural Competence
- Health Literacy
- Limited English Proficiency



Your Culture

- What does it mean to be part of a culture?
 - From Wikipedia
 - <http://en.wikipedia.org/wiki/Culture>
 - “The set of shared attitudes, values, goals, and practices that characterizes an institution, organization or group.”
- Think for a minute about something you would consider part of your culture. Write it down, share it with the group!



Cultural Competence

- Awareness of one's own cultural worldview,
 - Attitude towards cultural differences,
 - Knowledge of different cultural practices and worldviews, and
 - cross-cultural skills.
- ~ Martin & Vaughn



EthnoMed

- <http://ethnomed.org/>
- Culture Pages
 - Traditional Medical Practices
 - Experience with Western Medicine
 - Family Life and Kin Structure



Search Site

CulturesClinical TopicsPatient EducationCross-Cultural HealthCalendar

You Are Here: Home → Cultures → Hispanic → Mexican Cultural Profile

MEXICAN CULTURAL PROFILE

Author(s): Andrea B. Smith, MD, PhD, Author
Reviewer(s): Community Reader, Rozy Ramirez Harborview Medical Center/University of Washington
Contributor(s): Leon Ramirez, Revisions, August 2003
Date Authored: September 01, 2000
Date Last Reviewed: August 01, 2003

MEXICO

Geography

Mexico is bordered to the north by Texas, New Mexico, Arizona and California. To the South it is bordered by Guatemala and Belize. To the East is the Caribbean Sea and the Gulf of Mexico. To the West is the Pacific Ocean. The total area of Mexico is 1,972,550 sq. km which is slightly less than three times the size of Texas. The climate varies from tropical to desert and the terrain includes high rugged mountains, deserts, low coastal plains and high plateaus. Mexico is made up of 31 states and has Mexico City as its capital.

History and Politics

Originally inhabited by many different ethnic groups from which you can mention the Mayas, Zapotec, Aztec and others, Mexico, like much of South and Central America, was colonized by the Spanish, being occupied from 1521-1810. Colonization led to both the acquisition of Spanish culture and the loss of great part of the Aztec culture, with the present day culture being a mélange of the two. Mexican independence occurred September 16, 1810 and was sparked by the Napoleonic threat to acquire what was then "New Spain". Afraid of losing their emerging culture, the "criollos" (descendants of the Spaniards born in Mexico) and the "mestizos" (descendants of the Spanish and Indian intermarriages) united in a movement known as "Los Insurgentes" which eventually overthrew Spain.

Texas at that time was sparsely inhabited, having been neglected by Spain in the years prior to the revolution. The newly formed Mexican government therefore allowed US citizens to settle there. These citizens did not adopt the Mexican language or culture and in 1829 when

Contents

- Mexico
 - Geography
 - History and Politics
 - Language
 - Greetings and Displays of Respect
 - Etiquette
 - Family Life and Kinship Structure
 - Adulthood and Old Age
 - Nutrition and Food
 - Religion
 - Traditional Medical Practices
 - Traditional Remedies
 - Experience with Western Medicine in Home Country
 - Experience with Western Medicine in the United States
- References



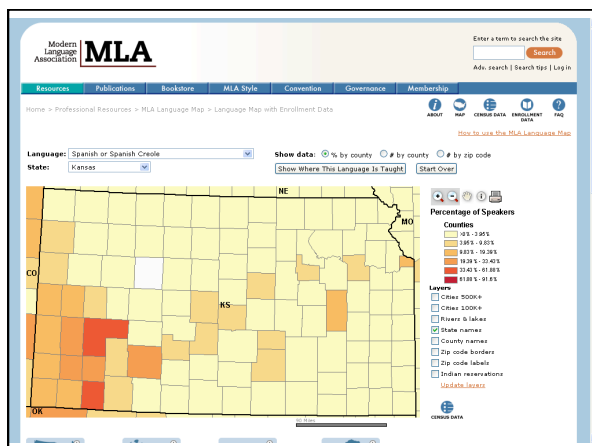
Demographics

- Who lives in your library's neighborhood?
 - City/town data should let you know
 - US Census
<http://quickfacts.census.gov/qfd/index.html>
 - Modern Language Association Language Map
http://www.mla.org/map_main

Spanish Speakers in Your State

	Total Population 5 years and over	Speak English "very well"	Speak English less than "very well"
Kansas	2,579,136		
Spanish or Spanish Creole	6.50%	51.90%	48.10%
Washington	6,034,522		
Spanish or Spanish Creole	7.20%	51.50%	48.50%
Oregon	3,488,584		
Spanish or Spanish Creole	8.40%	49%	51%
Missouri	5,508,991		
Spanish or Spanish Creole	2.60%	59.90%	40.10%
California	33,608,542		
Spanish or Spanish Creole	28.20%	51.50%	48.5
Maryland	5,260,978		
Spanish or Spanish Creole	5.90%	51.60%	48.40%

Source: American Community Survey: 2005-2009, 5-Year Estimates. www.census.gov/acs/www/





Three Literacy Domains



Prose



Document



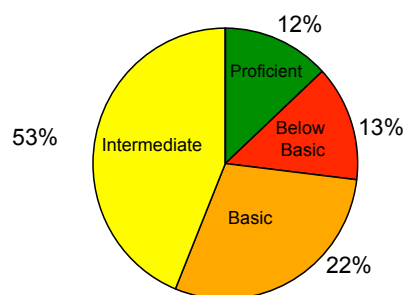
Numeracy

What is Health Literacy?

“The degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.”

Healthy People 2010

Health Literacy in the U.S.



77 million adults have basic or below health literacy skills

The Health Literacy of American Adults: Results from the 2003 National Assessment of Adult Literacy: National Center for Education Statistics (2006). <http://nces.ed.gov/ipeds/data/naal/health.asp>



Prescription Medication

- 3 billion Rx written each year
- Average adult fills 9 Rx per year
- Elderly fill 30 Rx/year on average
- 1.5 million adverse drug events in U.S. each year
- Medication errors most common medical mistake



Journal of general internal medicine . Low literacy impairs comprehension of prescription drug warning labels. Davis et al. 2006; 21: 847-851.

Pharmacy Translations

- 286 pharmacies
- 209 provided labels in Spanish to customers
- Independents more likely to provide Spanish
- 86% used computer translation programs
- Evaluated 76 Spanish medicine labels
- 32 labels (43%) incomplete translations
- 6 labels misspellings or grammar errors
- Overall 50% error rate

Source: Pediatrics 2010; 125:960-965. Accuracy of Computer-Generated Spanish Language Medicine Labels. Iman Sharif and Tse, Julia.

Health Literacy Education



<http://www.hrsa.gov/publichealth/healthliteracy/>

Clear Communication

- Information in short segments
- Clear organization
- Clear explanations
- Most important concepts first
- Jargon-free
- Meaningful images



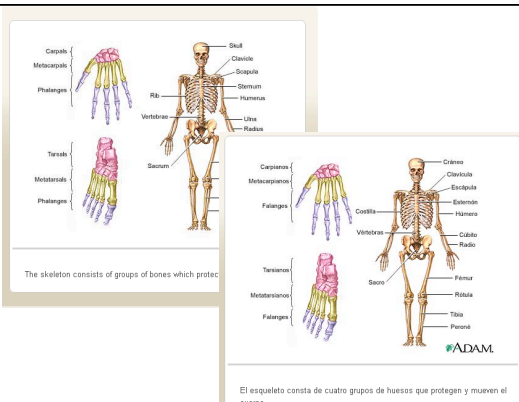
Spanish Vocabulary: Basics

MedlinePlus Encyclopedia

<http://www.nlm.nih.gov/medlineplus/encyclopedia.html>

For example, find the entry for X-ray Skeleton and look at the images, first in English, then in Spanish

<http://www.nlm.nih.gov/medlineplus/ency/article/003381.htm>






Word Lens

- iPhone App
 - <http://itunes.apple.com/us/app/word-lens/id383463868?mt=8>
 - iPod Touch with camera
 - Translate words from one language to another using your camera

iTunes Preview

Word Lens By Quest Visual [View More By This Developer](#)


Open iTunes to buy and download apps.



Description
Instantly translate printed words from one language to another with your built-in video camera, in real time! Use Word Lens on vacation, business travel, and just for fun.

[Quest Visual Web Site](#) [Word Lens Support](#) [More](#)

iPhone Screenshots



Free
Category: Travel
Released: Dec 16, 2010
Version: 1.0
Size: 3.1 MB
Language: English
Seller: Quest Visual
© 2010 Quest Visual, Inc.
Rated 4+

Requirements: Compatible with iPhone 3GS, iPhone 4, and iPod touch (4th generation). Requires iOS 4.0 or later.



Internet Vocabulary

- La búsqueda—search, usually next to search box
- Los enlaces—link as in hyperlink
- Actualizado—updated
- La página—page
- La Red—the Net or Web
- El Internet—Internet
- La base de datos—database



Internet Vocabulary

Learn Spanish: Internet Terms in Spanish and English

<http://www.lingolex.com/internet.htm>

- Not beautiful, but simple
- Scroll down for extensive list of Internet and computer terms in Spanish



Medical Vocabulary

Polyglot: Multimedia Medical Spanish Translator

<http://polyglot.topsailmultimedia.com/polyglot.html>

- Interactive
- Side-by-side vocabulary and phrase listing
- Audio

English-Spanish Dictionary from the Oregon Occupational Safety & Health Division

<http://www.orosha.org/pdf/dictionary/english-spanish.pdf>

- 136 pages of free health and safety phrases and vocabulary
- pdf format

Polyglot v3.0
Multimedia Medical Spanish & English Translator

Emergency Department - Adult Triage

Search for: English Spanish

Select a Conversation: Conversation

Spanish

Please point to your abdominal pain.	Por favor, enséñeme con su dedo donde está su dolor abdominal.
Please point to your chest pain.	Por favor, enséñeme con su dedo donde está su dolor de pecho.
Have you been vomiting?	¿Ha estado vomitando?
What was the first day of your last menstrual period?	¿Cuál fue el primer día de su último periodo menstrual?
Are you pregnant?	¿Está usted embarazada?
How long have you had your abdominal pain?	¿Por cuánto tiempo ha tenido su dolor abdominal?
How long have you had your chest pain?	¿Por cuánto tiempo ha tenido su dolor de pecho?
Thank you for answering these questions.	Gracias por contestar estas preguntas.
Please write your date of birth.	Por favor, escriba su fecha de nacimiento.
What was the month of your last menstrual period?	¿Cuál fue el mes de su último periodo menstrual?
Have you had diarrhea?	¿Ha tenido diarrea usted?
Do you have rashes?	¿Le dan indures?
Tell me if you have any of the following problems (abdominal pain, chest pain, stomach pain).	Por favor, dígame si tiene algunos de estos problemas: (dolor en el abdomen, dolor de pecho, dolor de estómago).
Have you had heart problems?	¿Ha tenido problemas de corazón?
Are you allergic to any medications?	¿Es usted alérgico/alérgica a alguna medicina?
To which medications are you allergic?	¿A qué medicinas es usted alérgico/alérgica?

1 - 35 of 34 found

Next

Print

DUKE/ATTEPROGRAM



Online Translators

Babelfish: <http://babel.altavista.com>

Google: <http://translate.google.com/translate>

- Good tools for getting the general idea
- Translation ≠ Interpretation
- Don't use for medical information
- Don't use for translating into writing

The screenshot shows a Spanish news article titled "Noticias sobre la salud" with a sub-header "31 años". The article text includes: "Disminuye amenaza de sufrir un ACV tras una cirugía cardíaca", "La pérdida de audición en el trabajo mantiene a los trabajadores despiertos", and "Los niños que consumen alimentos poco saludables aprenden a tener preferencia por este tipo de comida". A Babel Fish translation window is overlaid on the article, showing the English translation: "The children who consume healthful foods little learn to have preference by this type of food". Below the article, the Google Translate interface is visible, showing the same Spanish text being translated into English.

English & Spanish Health Resources

- MedlinePlus
- RHIN
- KidsHealth.org
- DailyMed
- NOAH

[illegible]

Tutorials: Spanish

MedlinePlus Biblioteca Nacional de Medicina de EE.UU.
NIH Institutos Nacionales de la Salud
Información de salud para usted

Acúfenos o zumbido de oído

Empezar Programa Interactivo Empezar Programa Auto-operado Resumen del texto

Esta opción empieza el programa interactivo multimedia que incluye preguntas. Esta es la opción del programa auto-operado con subtítulos electrónicos. Esta opción abre un expediente PDF.

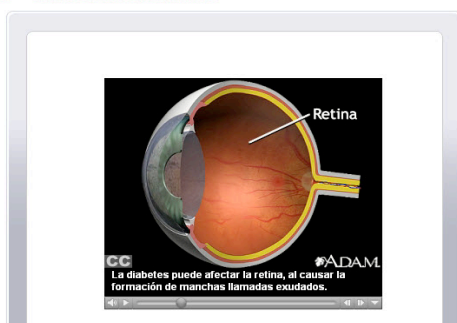
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Patient Education
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Videos

Diabetes - condiciones retinales



M+: Drugs and Supplements

MedlinePlus A service of the U.S. National Library of Medicine
NIH National Institutes of Health
Trusted Health Information for You

Home About MedlinePlus Site Map FAQs Contact Us Search MedlinePlus GO

Health Topics **Drugs & Supplements** Videos & Cool Tools **ESPAÑOL**

Drugs, Herbs and Supplements

Drugs
Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.
[Browse by generic or brand name](#)
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

For FDA approved labels included in drug packages, see [DailyMed](#).

Herbs and Supplements
Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.
[All herbs and supplements](#)

Related Topics
AIDS Medicines
Antibiotics
Antidepressants
Blood Pressure Medicines
Blood Thinners
Cancer Alternative Therapies
Cancer Chemotherapy
Cold and Cough Medicines
Complementary and Alternative Medicine
Diabetes Medicines
Dietary Supplements
Drug Safety
Herbal Medicine
Hormone Replacement Therapy
Medicines
Over-the-Counter Medicines
Pain Relievers
Status
Vitamins

Prescription and over-the-counter medication information is from ANPSS Consumer Medication Information, copyrighted by the American Society of Health-System Pharmacists (ASHP), Inc., Bethesda, Maryland. Copyright © 2010. All Rights Reserved.
Information on herbs and supplements is from Natural Standard® Natural Standard Monograph Copyright © 2010. Natural Standard. Commercial distribution or reproduction prohibited.

Lipitor: Spanish



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NIH Institutos Nacionales de la Salud

Página Principal Sobre MedlinePlus Índice FAQs Contactenos

Busque en MedlinePlus BUSCAR

Temas de salud
Medicinas y suplementos
Videos y multimedia
ENGLISH

Atorvastatina

¿Para cuáles condiciones o enfermedades se prescribe este medicamento?

¿Cómo se debe usar este medicamento?

¿Qué otro uso se le da a este medicamento?

¿Cuáles son las precauciones especiales que debo seguir?

¿Qué dieta especial debo seguir mientras tomo este medicamento?

¿Qué tengo que hacer si me olvido de tomar una dosis?

¿Cuáles son los efectos secundarios que podría provocar este medicamento?

¿Cómo debo almacenar este medicamento?

¿Debo hacer en caso de una sobredosis?

¿Qué otra información de importancia debería saber?

Marcas comerciales

Marcas comerciales de producto combinados

KidsHealth.org



from the health experts of Nemours



Parents site



Kids site



Teens site

About KidsHealth | About Nemours | Partners | Privacy Policy & Terms of Use



KidsHealth: Parent's Page

KidsHealth
from Nemours

Search here:

- General Health
- Infections
- Emotions & Behavior
- Growth & Development
- Nutrition & Fitness
- Recipes
- Pregnancy & Newborn
- Medical Problems
- Q&A
- Positive Parenting
- First Aid & Safety
- Doctors & Hospitals
- Medications
- En Español

Welcome to KidsHealth.org

KidsHealth is the #1 most-visited website for children's health and development. You're now in the Parents area. At the bottom of each article, you'll find links to related features created for kids and teens. We encourage you to share them!



Helping Kids Cope With Stress
Read the article



Pregnancy Newborn Care
Pregnancy calendar
Q&As
Guides for expectant and new parents
go



Positive Parenting!



Body Mass Index (BMI) Calculator

KidsHealth Daily Q&A

Don't Babies Have Separation Anxiety?

Find out what the experts have to say...

Read more

Kidshealth: Medications

Medications

Looking for information about a medication about how the medicine works, how to take effects. The list below has only the generic brand names. So if you don't see your medication in the search box. If you have a question about a medication, talk with your health care provider.

AB C D E F G H I J K L M N O P Q R S

A

- Abacavir
- Abacavir and Lamivudine
- Abacavir, Lamivudine, and Zidovudine
- Abatacept
- Acetaminophen
- Acetaminophen and Codeine
- Acetaminophen and Phenyltoloxamine
- Acetaminophen and Pseudoephedrine

Medicamentos

Buscando informacion sobre medicamentos? Encuentrela aqui, e informese acerca de como los medicamentos logran su efecto, como tomarlos y los posibles efectos adversos. La lista que sigue contiene solo los nombres genericos no los nombres con los que se venden. De manera que si no encuentra en la lista el remedio que busca use en el recuadro de busqueda. Si tiene mas dudas o preguntas hable con su medico.

AB C D E F G H I J K L M N O P Q R S T U V W X Y Z

A

- Abacavir and Lamivudine en Espanol
- Abacavir en Espanol
- Abacavir, Lamivudine, and Zidovudine en Espanol
- Acetaminophen and Codeine en Espanol
- Acetaminophen and Pseudoephedrine en Espanol

[View these articles in English](#)

DailyMed

- Over 20,000 FDA approved medications
- Prescription & Over-the-Counter
- English only
- NLM & FDA Joint Project

<http://dailymed.nlm.nih.gov>

DailyMed: Results Page

ALL DAY PAIN RELIEF (naproxen sodium) tablet
[CVS Pharmacy]

Enter name of medication

RxNorm Names

[Review RxNorm Normal Forms](#)

Category	DEA Schedule	Marketing Status
HUMAN OTC DRUG LABEL		Abbreviated New Drug Application

Drug Label Sections

Indications & Usage

Dosage & Administration

Warnings

Contraindications

Precautions

Adverse Reactions

Overdosage

How Supplied

Product Description

Supplemental Product Material

Product Warnings

Product Package Insert

Highlights

Full Table of Contents

Medication Guide

Refugee Health Information Network

FEATURED RESOURCES

- Earthquake Response: Health Information in Multiple Languages
- HINT: Resources **UPDATED**

NEW POPULATIONS UPDATED

- Afghanistan
- Bosnia
- Bosnia
- Bosnia

Health Information in Multiple Languages
Multilingual information for health professionals, refugees, and asylees (in print, audio, and video)

Refugee Health Information for Providers
Information useful for health providers working with refugee patients or clients, including assessment guidelines, cultural information, clinic tools, and recent literature citations

Information about Health Services for Refugees
Information for refugees about accessing health services in the United States (including links about immigration status and procedures, eligibility for Medicaid, Social Security, etc.)

<http://rhin.org/>

RHIN: Diabetes

Diabetes

58 resources available Keyword(s): Diabetes

[Modify Your Search](#)

	Title	Format	Date	Language(s)
1.	Diabetes: Are You at Risk?	Document	5/1/2004	English; Haitian Creole (Kreyol); Khmer; Mandarin; Portuguese; Spanish; Vietnamese
2.	Diabetes Info Sheet	Document	3/4/2003	English; Chinese; Haitian Creole (Kreyol); Spanish; Vietnamese
3.	Control Your Diabetes: It's worth your time, Part I: The Basics	Document		English; Amharic; Bosnian; Somali; Spanish
4.	Diabetes Can Harm Your Vision	Document	6/1/2003	English; Haitian Creole (Kreyol); Portuguese; Spanish

RHIN Topic Page: Car Seats

Requested Languages
Spanish (Word 2003)

Other Document Available Languages
English (Word 2003)
Haitian Creole (Kreyol) (Word 2003)

Document Properties

Abstract: This one-page fact sheet in English provides background information about injuries from automobile accidents. It also provides information about the proper use of car seats.

Language: English

Document Category: Health Education for patient

Document Producer: The Early Childhood Initiative Foundation of Miami

Keywords: Car seats; Child health; Infant equipment; Automobiles; Safety; Accidents; Traffic; Infant; Child; Preschool; Wounds and injuries


Development Methods:
Method: Translation from English text

With Community Review: (Focus group or representative of the community has evaluated this resource): Yes


With Medical Review: (This resource has been reviewed by a medical professional for quality and accuracy): Yes

Copyrighted: No

Other Properties: Also available in Spanish and Creole



Other Resources



New York Online Access to Health
Acceso Computarizado de la Salud en Nueva York

NOAH: New York Online Access to Health
<http://www.noah-health.org/>

- Links selected by librarians and health professionals in New York
- Health Topics in English and Spanish
- Partnership of a number of New York libraries
- Limited toggle ability



NY Online Access to Health



New York Online Access to Health
Acceso Computarizado de la Salud en Nueva York

In English

Welcome

Your link to quality-filtered consumer health information!

Bienvenido(a)

Su conexión de información selecta sobre la salud para el consumidor!




Health Topics
View a topic listing of NOAH content by body area or disease category.



Temas de Salud
Ver contenido del sumario de NOAH por parte del cuerpo o por enfermedad.

<http://www.noah-health.org>



New York Online Access to Health

[About NOAH](#) | [Help](#) | [View in Spanish](#)

English

NOAH > [Lungs \(Respiratory\), Nose and Throat](#)

Change text size:

Influenza

Updated: August 31, 2010

What is Flu?

- [The Basics](#)
- [Diagnosis and Symptoms](#)
- [Children and Influenza](#)
- [Teens and Influenza](#)

Care and Treatment

- [Care Basics](#)
- [Medications](#)
- [Antibiotics](#)

[\(more\)](#)

Prevention

- [Flu Prevention Basics](#)
- [Vaccination and Adults](#)
- [Vaccination and Children](#)
- [Vaccination and Seniors](#)
- [Vaccination and Teens](#)

The Basics

Updated: October 1, 2010

- [Cold and Flu Guidelines \(Influenza\)](#) American Lung Association
- [Don't Fear the Flu: Arm Yourself with the Facts](#) National Institutes of Health
- [The Flu and Colds: Tips on Feeling Better](#) American Academy of Family Physicians (also in [Spanish](#))
- [Focus on Flu: Get the Latest on Influenza](#) Pennsylvania Department of Health
- [Influenza](#) JAMA Patient Page (also in [Spanish](#)) [PDF file](#)
- [Influenza \(Flu\)](#) New York State Department of Health (also in [Spanish](#))
- [Influenza \(Flu\)](#) Mayo Clinic
- [Influenza: The Disease](#) Centers for Disease Control
- [Straight Facts about H1N1 and the 2009-10 Flu Season](#) American Lung Association
- [Understanding Flu](#) National Institute of Allergy and Infectious Diseases
- [Understanding Influenza](#) American Lung Association

Ask questions at the doctor's office.
For a list of 10 questions everyone should know, go to ahrq.gov. Questions are the answer.

FamilyDoctor.org
información de salud para toda la familia

La gripe y los resfriados

¿Cómo puedo saber si tengo gripe o un resfriado?
¿Qué causa los resfriados y la gripe?
¿Qué puedo hacer para sentirme mejor?
¿Qué medicamentos que no requieren receta puedo tomar para un resfriado o para la gripe?
¿Debo llamar a mi médico?
¿Puedo prevenir contraer un resfriado o la gripe?

Ver También:
Más información

ADVERTISING
To learn more about

La gripe y los resfriados: consejos para sentirse mejor

¿Cómo puedo saber si tengo gripe o un resfriado?

A pesar de que el resfriado común y la gripe comparten muchos síntomas similares, estos son dos condiciones distintas.

Los síntomas de un resfriado se desarrollan lentamente y pueden incluir:

- Fiebre de hasta 38.9 C (102 F)
- Nariz con mucosidad o tapida, (con frecuencia con secreción verde o amarilla)
- Dolor de garganta
- Tos
- Estornudos
- Fatiga
- Dolores musculares
- Dolor de cabeza
- Ojos llorosos

Los síntomas de un resfriado generalmente son más leves que los de la gripe.

¿Qué es la gripe H1N1?

La influenza por el virus de la gripe

Seat Belts Save Lives

www.nhtsa.gov

NN/LM

Questions?

NN/LM

Class Objectives

Participants will be able to:

- Understand the basics of health literacy and cultural competence
- Identify reliable online Spanish health information resources



Thanks to....

- State Library of Kansas
<http://skyways.lib.ks.us/KSL/>
- REFORMA Heartland Chapter
<http://skyways.lib.ks.us/orgs/reforma/index.html>



Thank You!

iMuchas Gracias!

National Network of Libraries of Medicine
MidContinental Region
www.nlm.gov/mcr

800-338-7657

or

siobhan@creighton.edu
rbrown3@kumc.edu
